CLAIM AMENDMENTS

1-20 (Canceled)

21. (New) A method for encouraging diverse exercise activity of a user, comprising the steps of:

providing an exercise machine comprising a frame, force receiving members linked to the frame for movement in closed paths relative to the fame, the force receiving members comprising an arm supporting member moved by an arm of the user and a leg supporting member moved by a leg of the user, resisting means for resisting movement of the force receiving members in the closed paths;

displaying a first arrangement of first exercise performance data describing exercise performed by the user while the resisting means is providing a first level of resistance to movement of the force receiving members that is less than a threshold level; and

displaying a second arrangement of second exercise performance data describing exercise performed by the user while the resisting means is providing a second level of resistance to movement of the force receiving members that is greater than the threshold level.

22. (New) The method of claim 21 further comprising the step of:

switching the level of resistance to movement of the force receiving members provided by the resisting means between the first and second levels of resistance during the exercise activity such that the user is encouraged to perform primarily cardio exercise when the resisting means provides less than the threshold level of resistance, and such that the user is encouraged to perform primarily strength exercise when the resistance means is providing greater than the threshold level of resistance.

23. (New) The method of claim 22 wherein the resistance to movement of the force receiving members provided by the force resisting means is switched between the first and second levels in response to user input.

24. (New) The method of claim 22

wherein the resistance to movement of the force receiving members provided by the force resisting means is switched from the first level to the second level when the user has performed a first predetermined amount of exercise activity with the resistance set at the first level, and

wherein the level of resistance to movement of the force receiving members provided by the force resisting means is switched from the second level to the first level when the user has performed a second predetermined amount of exercise activity with the resistance set at the second level.

25. (New) The method of claim 22 further comprising the step of

providing a visual indication to the user as to whether the user is performing primarily cardio exercise when the resisting means is providing less than the threshold level of resistance to movement of the force receiving members or performing primarily strength exercise when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members.

26. (New) The method in accordance with claim 22 wherein the first performance data and the second performance data arrangements are concurrently displayed.

27. (New) The method of claim 26 further comprising the step of:

adjusting appearances of the displayed first and second performance data arrangements to indicate whether the resisting means is providing less than or greater than the threshold level of resistance to movement of the force receiving members.

28. (New) The method of claim 21 wherein the first and second performance data arrangements are alternately displayed by displaying the first performance data arrangement while the resisting means is providing less than the threshold level of resistance to movement of the force receiving members, and by displaying the second exercise performance data arrangement when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members.

29. (New) The method of claim 21

wherein the first exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing less than the threshold level of resistance to movement of the force receiving members, and

wherein the second exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing greater than the threshold level of resistance to movement of the force receiving members.

30. (New) The method of claim 22 further comprising the steps of:

providing a visual indication to the user as to whether the user is performing primarily cardio exercise when the resisting means is providing less than the threshold level of resistance to movement of the force receiving members or performing primarily strength exercise when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members,

wherein the first exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing less than the threshold level of resistance to movement of the force receiving members, and

wherein the second exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing greater than the threshold level of resistance to movement of the force receiving members.

31. (New) An apparatus for encouraging diverse exercise activity of a user, comprising:

a frame;

force receiving members linked to the frame for movement in closed paths relative to the fame, the force receiving members comprising an arm supporting member moved by an arm of the user and a leg supporting member moved by a leg of the user;

resisting means for resisting movement of the force receiving members in the closed paths; and

a user interface for setting a level of resistance to movement of the force receiving members provided by the resisting means and for displaying a first arrangement of first exercise performance data and for displaying a separate second arrangement of second exercise performance data,

wherein the first exercise performance data describes exercise performed by the user while the resisting means is providing a first level of resistance to movement of the force receiving members that is less than a threshold level, and

wherein the second exercise performance data describes exercise performed by the user while the resisting means is providing a second level of resistance to movement of the force receiving members that is greater than the threshold level.

32. (New) The apparatus of claim 31

wherein the user interface switches the level of resistance to movement of the force receiving members provided by the resisting means between the first and second levels of resistance during the exercise activity, and

wherein threshold level of resistance being such that the user is encouraged to perform primarily cardio exercise when the resisting means provides less than the threshold level of resistance, and such that the user is encouraged to perform primarily strength exercise when the resistance means provides greater than the threshold level of resistance

33. (New) The apparatus of claim 32

wherein the user interface switches the level of resistance to movement of the force receiving members provided by the force resisting means between the first and second levels in response to user input.

34. (New) The apparatus of claim 32

wherein the user interface switches the resistance to movement of the force receiving members provided by the force resisting means from the first level to the second level when the user has performed a first predetermined amount of exercise activity with the resistance set at the first level, and

wherein the user interface switches the resistance to movement of the force receiving members provided by the force resisting means from the second level to the first level when the user has performed a second predetermined amount of exercise activity with the resistance set at the second level.

35. (New) The apparatus of claim 32 wherein the user interface indicates that the user is performing primarily cardio exercise when the resisting means is providing less than the threshold level of resistance to movement of the force receiving

members and displays an indication that the user is performing primarily strength exercise when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members.

36. (New) The apparatus in accordance with claim 32 wherein user interface concurrently displays the first performance data and the second performance data.

37. (New) The apparatus of claim 36

wherein the user interface adjusts appearances of the displayed first and second performance data to indicate whether the resisting means is providing the first or second level of resistance to movement of the force receiving members.

38. (New) The apparatus of claim 32 wherein user interface alternatively displays the first and second performance data by displaying the first performance data while the resisting means is providing less than the threshold level of resistance to movement of the force receiving members, and by displaying the second exercise performance data when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members.

39. (New) The apparatus of claim 31

wherein the first exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing less than the threshold level of resistance to movement of the force receiving members, and

wherein the second exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing greater than the threshold level of resistance to movement of the force receiving members.

40. (New) The apparatus of claim 32

wherein the user interface adjusts appearances of the displayed first and second performance data to indicate whether the resisting means is providing greater than or less than the threshold level of resistance to movement of the force receiving members,

wherein the user interface indicates that the user is performing primarily cardio exercise when the resisting means is providing less than the threshold level of resistance to movement of the force receiving members and displays an indication that the user is performing primarily strength exercise when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members,

wherein the first exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing less than the threshold level of resistance to movement of the force receiving members, and

wherein the second exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing greater than the threshold level of resistance to movement of the force receiving members.